

BLUE FLAME

Cookbook On Sale Now!

Order your 2013 Everyday Delicious cookbook at atcoblueflamekitchen.com or call 1.800.840.3393

At least you know they can commit

Wish you could just meet a guy who's ready to find a wife after he finishes serving life? Canadianinmatesconnect.com might be for you.

Tinkering with tomorrow

The federal government wants to tap 'private innovators' to turn their basement inventions into consumer products

SHOULDA PUT A DATE ON IT

BEYONCÉ'S ON-AGAIN, OFF-AGAIN RELATIONSHIP WITH HER NEW RECORD IS MAKING SOME OF US V FEEL, WELL, FIERCE

PAGE 13



QUITE THE HAUL

Emma Bowick, left, and Charlotte Johnson show off the top two most unusual items (as voted by a panel of judges) found during Calgary's 46th-annual Pathway and River Cleanup — an old trunk and a homemade Christmas-tree ornament with a working horn on top. Roughly 2,600 volunteers took part in this year's cleanup, the most ever. See story, page 3. ROBSON FLETCHER/METRO

Eyes still high but U of C goals may be delayed

'Remarkable' pain.Academic staff

projections scaled back at city's largest postsecondary institution



JEREMY NOLAIS ieremv.nolais@metronews.ca

University of Calgary officials will have fewer academic staff than planned on campus this fall and may be forced to adjust timelines for becoming a top-five research institution in Canada, according to the vice-president and provost.

Speaking to Metro nearly two months after the province slashed post-secondary funding by 7.3 per cent, the U of C's Dru Marshall described the resulting pain across the system as "remarkable."

"The pace with which we achieve some of the goals we have set up, which are very ambitious, might be a little slower than we initially though we would be," Marshall said. "But make no mistake, the University of Calgary has an ambitious plan and we are continuing to drive forward on those goals and objectives — we will just not be driving at the same pace we would otherwise."

Pamphlets, posters and others materials scattered across the U of C campus make it clear the institution's top priority is fulfilling its Eyes High strategy, which aims to turn the school into a top-five research institute in Canada by 2016

But scaling back staffing projections could throw a wrench into the works. Marshall said while 50 new academic staff hired in November will stay on,

it's likely the university will not refill 50 positions held by retiring or transitioning members as it typically would.

Student union president Raphael Jacob said the U of C has been relatively unscathed so far by the budget cuts, especially when compared to other institutions. Calgary's Mount Royal University, for example, announced a slate of program suspensions last month and will charge students a new services fee this fall.

"Of course, there are going to be some repercussions, but as long as we keep them as minor as possible and keep students in the loop, we'll do what we have to do," Jacob said.

Marshall said the Eyes High goal was always going to be difficult to achieve, but didn't rule out hitting the target, despite a \$41-million shortfall this year that will surge to \$113 million over the next four years.

DON'T WAIT TO SEE.

Get LASIK today, take 5 years to pay.



Book a free consultation at 1-877-554-9888 or lasikmd.com



oss are subject to change without prior notice and vary do no prescription strength, Applicable on a procedure obth eyes only. Other conditions may apply, 15ubject Desjardins Card Services credit approval. Interest oring starting at 8.9% over 60 months.



Annual event.

Thousands pitch in to clean up riverbanks, pathways

Calgarians came out in larger numbers than ever to help clean up the city's riverbanks and trails on Sunday, collecting truckloads of garbage and coming across a variety of unusual items in the process.

"It's nice to help out the city, and find some interesting things," said Charlotte Johnson, 13, who has been volunteering with the annual Pathway and River Cleanup for the past three years.

She was one of roughly 2,600 volunteers who divided up into 99 groups and tackled cleanup duties, the most in the event's 46-year history, the city said.

"Last year, we had about 1,800," said Kym McCulley, leader of parks, environmental and education initiatives with the city. "We usually see anywhere between 1,700 and 2,000. So this year, we're up quite a bit."

The city collected about 5,700 kilograms of garbage last year, she said.

Sunday's haul was still being tallied but last year's mark is not necessarily one to beat.

"Collecting more is not a good thing," McCulley said, noting that the eventual goal is to collect 10 kilograms or less by encouraging Calgarians not to litter in the first place.

"If we all work together, we'll be able to reduce the amount we're collecting," she said.

ROBSON FLETCHER/METRO



Neighbours shocked by 'sudden death' in S.E.

In custody. Man taken away by police, but no details yet on whether crime occurred



JEREMY NOLAIS ieremv.nolais@metronews.

Police took a man into custody while emergency responders tried in vain to resuscitate an acquaintance of his, after what was being described only as an "incident" in a southeast Calgary home late on Saturday.

Homicide investigators were called to the scene in the 100 block of Auburn

Springs Close S.E., said Insp. Steve Ellefson, but he could not specify on Sunday whether charges were expected.

"Right now, we are calling it a sudden death," Ellefson said.

He couldn't say how many people were in the home at the time of a distress call made to 911 at about 11:30 p.m. The nature of the victim's injuries was not released, either, but he was said to be in his 30s.

Steven, who lives across the street but declined to give his last name, was alerted to the unfolding scene on Saturday night by the flashing lights of arriving police cruisers.

Awaiting autopsy results

- Police said more information would likely be released after an autopsy on the victim is completed on Monday.
- If the victim's death is determined to have been homicide, it would be Calgary's eighth this year.

On Sunday he recalled witnessing one man being taken away in handcuffs and a woman nearby who appeared to be in a state of shock.

Other neighbours re

called similar scenes on Sunday, but most said they had little knowledge of what happened and who was inside the home at the time.

EMS spokesperson Stuart Brideaux confirmed medics attempted to resuscitate the victim, but he was pronounced dead on scene.

"He was critical — lifethreatening — upon our arrival and we subsequently did not transport him to hospital," Brideaux said.

No other injuries were reported on scene. Police tape remained up around the home on Sunday afternoon and officers could be seen standing guard both in the backyard and out front on the street.



2012 HONDA CIVIC EX-L COUPE (C196



VILLAGE HONDA

HUGE SAVINGS
ON 10 OTHER DEMO AND
SERVICE LOANERS!

NOW OPEN IN THE NORTHWEST AUTO MALL • CALL: (403) 451-6153 • www.VILLAGEHONDA.com

metr⊕

Persistently high injury rates among city employees 'very concerning'

New approach. City hopes corporate safety strategy' will finally bring injury rates down, after years of remaining relatively static

City employees continue to miss work due to injury at rates well above the provincial average and above the city's own internal targets, according to a 2012 year-end report.

"The total number and frequency of LTCs (lost-time claims) has not changed significantly since 2009," the report

The city recorded 610 losttime claims in 2012, for a rate of 4.5 per 100 workers. That's down slightly from the rate of 4.7 in 2011, but still above the city's target of 4.2.

Ald. Peter Demong said the figures are troubling, especially

403.719.4300

3516 26 Street NE, Calgary AB (Opp. Greenwood Inn)

- A time-lost claim occurs when an employee misses at least one full work day due to a work-related injury or illness, starting the day after the incident.
- The most common type of claim among city employees is sprains and strains, which resulted in an average of 2.4 missed
- The second-most common type is back and trunk injuries, which resulted in an average of 5.1 missed

when you compare them to rates across the province.

The Workers' Compensation Board of Alberta reports an average lost-time claim rate of 1.5 per 100 workers in

2012, for example.

Demong said the rate among city employees is expected to be higher, given the range of activities they are involved in, but the numbers are still cause for concern.

"I'm very concerned about it," Demong said. "It's something I'm going to have to bring up with the city manager."

The city began changing its approach to safety management about 18 months ago, said strategic services manager Tracey Moll, shifting from a "traditional, task-based approach" to more of a "riskbased approach."

"This work is going to be key to improving our safety per-formance," Moll said. "We've also started work on a safety data management system, and this will help us identify realtime trends and, from that information, to focus workplace safety strategies and programs in a more targeted fashion."

ROBSON FLETCHER/METRO



ses city employees in 2010. Injury rates among city staff have remained high and v

GET JOB READY ABM COLLEGE FAST! Enroll Now. Become a **Health Care Aide**in **5 Months** We offer Alberta Government approved programs, that lead to a rewarding career Flexible class schedules: Mornings, Afternoons, **Evenings and Weekends** Health Care Aide Funding and employment services available your **FUTURE** starts here.

info@abmcollege.com

Health Care Aide • Medical Office Assistant • Massage Therapy

Business Administration • Accounting & Payroll • First Aid & CPR

Stoney Plain. Alberta skydiving instructor dies

Friends, family and students are remembering an experienced skydiving instructor who died following a skydiving ac-cident west of Edmonton on Saturday as a man who taught with "safety and integrity."

At approximately 7 p.m. on Saturday evening a skydiver died while executing a highspeed turn on his landing approach at Eden North Skydiving Centre, according to Lyal Waddell, the school's owner.

The victim has been identified on social media as 49-yearold John Scott from Spruce Grove. He was an instructor at the school.

unresponsive following the jump and was transported to hospital in Stony Plain where he was pronounced dead.

Scott, who had completed more than 9,000 jumps, had a fully functioning parachute. Competition skydivers use the maneuver he was attempting, Waddell said in a statement.

"The skydiving community is a small one and we have lost a true friend and valued member of our family," Waddell said.

The SkyHawks, Canada's only military parachute team, said on their Facebook page that the fatal accident happened shortly after Scott returned from a SkyHawks training camp.

METRO EDMONTON



Assault

2 women report being attacked in separate incidents

Four men were taken in for questioning after a woman reported being assaulted and nearly dragged into a vehicle in Calgary's northeast Saturday evening.

The incident took place in the 400 block of Falconridge Gardens N.E. around 7:30 p.m. According to police, a vehicle with four people inside pulled up to a

One of the men then allegedly exited the vehicle and attempted to force the woman inside; however, other people passing by intervened and the vehicle sped off. Police found a vehicle matching the provided description a short time later and took four men into custody.

Much earlier Saturday, a woman cycling in the 2000 block of 3 Avenue N.W. around 3 a.m. reported a similar incident after one man exited from a small, light-coloured vehicle and groped her. She managed to fight the attacker off.

Anyone with information can contact Crime Stoppers anonymously at 1-800-222-8477. метко

ONLY MEMBERS GET

THE LATEST SMARTPHONE FROM GOOGLE" WITH **EXCLUSIVE ACCESS & DEALS.**

Plus, get UNLIMITED Text, 400 MB of Data and more for \$39/mo.



\$39/mo. gets you:

- 450 Canada-Wide minutes
- UNLIMITED Canada-Wide weekends and evenings from 6pm
- UNLIMITED Canada, US & International Text Messaging
- Voicemail & Call Display
- 400 MB of Data
- + EXCLUSIVE MEMBER ACCESS & DEALS FROM OUR AWESOME PARTNERS





nexus⁴ **\$99**99

virginmobile.ca/nexus



Order online at virginmobile.ca, call 1.855.BE.VM.VIP or stop by to say hi.

























metronews.ca Monday, May 6, 2013 metr⊕

Inmates just prisoners of love

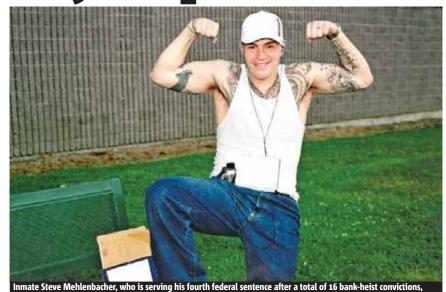
Hooking up. A dating website for Canadian convicts helps those behind bars find love on the outside

One bachelor says he can't be available for a first date for awhile - at least not before 2021. Another claims to hold the Toronto record for robbing the most banks in the shortest span: 11 financial institutions knocked off in four-and-a-half hours. something I am really proud of," Alex Nikoloski writes.

The suitors are among dozens of male and female cons who have posted personal profiles and photos on a matchmaking website with a twist. This site hooks up people on the inside with those on the outside.

Canadian Inmates Connect Inc. showcases numerous prisoners serving life sentences and helps the incarcerated find pen pals and, perhaps, much more.

The 16-month-old website, which promotes some



met his girlfriend on the Canadian Inmates Connect Inc. website which hooks up people on the inside with those on the outside. CANADIAN INMATES CONNECT HANDOWITHE CANADIAN PROPERTY.

love stories. The site's founder, Melissa, a 35-year-old Toronto mom, says she was inspired to start the website after see-

40 convict profiles, has even

churned out a few lockup

ing similar ones in the United States. Melissa says most of the profiled prisoners heard about the website through word of mouth and inmate committees. They mailed her a blurb, photos of themselves

and a \$35 annual membership fee.

For some, the results have led to jailhouse bliss.

Julie Young, 24, a single mother from Truro, N.S., credits the website for intro-



"I would marry him because I love him and I see

him having a really good future now."

Julie Young, 24. Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth sentence after 16 bank-heist convictions.

ducing her to a convicted bank robber she hopes to marry one day.

Her sweetheart, Steve Mehlenbacher, 42, is serving his fourth federal sentence after a total of 16 bank-heist convictions.

Young plans to move across the country this month to be closer to her man, who's locked up in the medium-security Mountain Institution in Agassiz, B.C., about 140 kilometres east of Vancouver.

They have never met in erson, but they exchange letters regularly and have daily chats on the phone.

THE CANADIAN PRESS

Recreational league

Soccer referee allegedly punched by teen player dies

A soccer referee who slipped into a coma after being punched by a teenage player during a game a week ago died Saturday night, police said.

Ricardo Portillo, 46, of Salt Lake City passed away at the hospital, where he was being treated, police said. Police have accused a 17-year-old player in a recreational soccer league of punching Portillo after the man called a foul on him and issued him a yel-

The teen has been booked into juvenile detention on suspicion of aggravated assault. Spokesman Justin Hoyal said authorities will consider additional charges since Portillo has

Portillo suffered swelling in his brain and had been listed in critical condition Thursday at the hospital in the Salt Lake City suburb of Murray.

THE ASSOCIATED PRESS





5 women headed to bachelorette party killed in limo blaze

Trapped inside. Cause unclear in fire that left vehicle burning on busy California bridge

A stretch limousine taking nine women to a bachelorette party erupted in flames, killing five of the passengers, including the bride-to-be, authorities and the mother of one of the survivors said on Sunday.

The limo was carrying nine women and its driver when it caught fire at about 10 p.m. on Saturday on one of the busiest bridges on San Francisco Bay, California Highway Patrol officer Art Montiel said.

Five of the women were trapped, but the four other women managed to get out after the vehicle came to a stop



on the San Mateo-Hayward Bridge, the patrol said. The driver of the limo - 46-yearold Orville Brown of San Jose was the only person to escape unhurt.

Rosita Guardiano told the San Francisco Chronicle that the woman for whom the bachelorette party was being

next month. Guardiano said her daughter was one of the survivors.

Investigators haven't determined what sparked the fire, but the patrol said the white stretch limo became engulfed in flames after smoke started coming out of the rear of the

A photo taken by a witness and broadcast on KTVU-TV showed flames shooting from the back.

Aerial video shot after the incident showed about onethird of the back half of the limousine had been scorched by the fire. Its tail lights and bumper were gone and it appeared to be resting on its rims.

Two of the four women who escaped are in critical condi-

THE ASSOCIATED PRESS



Pakistan's women need to rise as children fall

Women mourn next to the body of a child, who was killed in a bombing on Saturday, during a funeral in Karachi, Pakistan, on Sunday. Two blasts in Karachi killed three people near the office of a political party critical of the Taliban, heightening tensions leading up to the country's historic May 11 election. The election will bring a major first for democracy in Pakistan — the first time a civilian government has fulfilled its term and handed over power to another. But women still face an uphill battle to make their voices heard in the political process, as voters, candidates and in parliament, where they hold 22 per cent of the seats in the lower house. FAREED KHAN/THE ASSOCIATED PRESS

Haiti

Former president Aristide rebuilding party, source says

Former Haitian president

Jean-Bertrand Aristide is trying to rebuild his political party as the Caribbean nation prepares for legislative and local elections, a prominent hotelier said on Sunday.

Richard Morse, manager of the Hotel Oloffson, said he has met with Aristide to discuss the possibility of his wife, Lunise Exume Morse, running under Aristide's party as a senatorial candidate.

"He's back, and he's trying to get good people," Morse said. THE ASSOCIATED PRESS



metronews.ca
Monday, May 6, 2013

Syrian rebels enter air base

Regional involvement.

Israel strikes at capital amid days of fighting

Rebels occupied parts of a military air base in northern Syria Sunday after days of fighting with government troops who have been defending the sprawling position for months, activists said.

The Britain-based Syrian Observatory for Human Rights said rebels moved deep inside Mannagh air base, near the border with Turkey, despite fire from government warplanes. The Aleppo Media Center says rebels captured a tank unit inside the base and that the base commander, Brig. Gen. Ali Salim Mahmoud, was killed.

The fighting came hours after Israeli warplanes struck areas in and around the capital, setting off a series of explosions as they targeted a shipment of highly accurate, Iranian-made guided missiles believed to be bound for Lebanon's Hezbollah militant group, officials and activists said.

The attack, the second in three days and the third this year, signalled a sharp escalation of Israel's involvement in Syria's civil war. Syrian state media reported that Israeli missiles struck a military and scientific research centre near Damascus and caused casualties.

Rebels have launched a wave of attacks on military air bases around the country in the past months in an attempt to deprive the army of a key weapon used to target anti-gov-

ernment forces. Rebels have been trying to capture Mannagh air base for months but were only able to take small parts of it.

Nearly all Arab states have sided with the rebels. And Israeli attacks were the type of response many had urged from the West. However, while Israel and many Arab states share suspicions about Iran, the perception that they're allied against Assad — even indirectly — is strongly knocked by the leaders. None want to be perceived as OK'ing Israeli attacks. Arab League chief Nabil Elaraby warned of serious repercussions and called on the UN Security Council to "immediately move to stop the Israeli aggressions on Syria.'

The conflict has killed more than 70,000 people according to the UN. THE ASSOCIATED PRESS



Bangladesh in mourning

A woman is comforted as she grieves after identifying the body of her daughter, a victim of the garment-factory collapse on Sunday in Savar, near Dhaka, Bangladesh. The death toll from the collapse of a shoddily built building in Bangladesh continued its horrifying climb, reaching 622 on Sunday, with little sign of what the final number will be. The disaster is likely the worst garment-factory accident in history, and there have been few industrial accidents of any kind with a higher death toll. WONG MAYE-E/THE ASSOCIATED PRESS



Fan knocks Mötley Crüe member

A heavy-metal concert in Estevan, Sask., was rocked on Saturday night when a man, rushing from the audience, knocked a guitarist to the stage floor and grabbed the band's lead singer.

The incident abruptly stopped the Mötley Crüe show at Spectra Place. Security personnel and other staff rushed to the aid of guitarist Mick Mars before the rest of the band angrily walked off stage.

"What the f— is wrong with you, you f— idiot?" said singer Vince Neil, leader of the group.

The band later returned to the stage to finish its show.

The incident was captured on video and posted online. After apprehending the man, police in the city looked at footage of the incident while investigating on Sunday.

Estevan city police Const. Lana Gropp said the suspect, about 40 years old, told officers that he accidentally collided with Mars while trying to approach Neil.

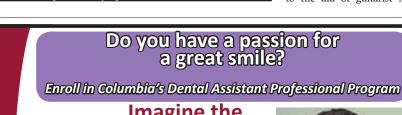
"In his stride toward the singer, he bumped into the guitarist and knocked him over—not intending to, I guess, in his words, he

didn't even touch the other gentleman," Gropp said.

"It appears, from the video ... like he had run into him. That's why it's an ongoing investigation at this point."

It was uncertain, Gropp added, whether charges would be laid against the suspect, a Saskatchewan resident from outside Estevan.

ROSS ROMANIUK/METRO IN REGINA



Ecourses for eligible denire to meet entry

Imagine the Possibilities.
Invest in your Future.

Accelerated program with hands-on training. Enter a stable, engaging, lifelong career with options for advancement. Grant funding available for students who qualify. Dental Assistants are earning between \$43,000 to \$52,000 per year to start.





Call now: (403) 648-2265 www.columbia.ab.ca/m



Calling all basement inventors: Industry Canada wants you

Home tinkering. Survey of consumer-innovators tries to assess how many Canadians are making the products of tomorrow in their own workshops

The federal government wants to tap into the skills of obscure basement inventors and turn their tinkering into innovative consumer products.

A new survey for Industry Canada found almost 13 per cent of Canadians are so-called "private innovators," who have improved on consumer goods or created new products in the past three years. Research in the U.S. and elsewhere has found similar numbers of ordinary basement tinkerers, regarded by some as a talent pool



Gareth Grainger, 15, skateboards in downtown Vancouver in early April. Skateboards began as roller skate wheels nailed to boards, a home-grown product later adopted and improved by manufacturers. Now, the federal government wants to tap into the skills of home inventors. DARRYL DYCKTHE CANADIAN PRESS

consumer-products firms must harness to find fresh profits.

Industry Canada paid Ekos Research Associates Inc. \$80,000 to determine how many Canadians were themselves making the products of tomorrow in their workshops. The department has said the survey is part of a larger project to encourage product development through consumer-innovators, including "framework laws, expenditure programs and regulatory-standards systems." THE CANADIAN PRESS



Protesters take aim at Hollande

A man holds a banner that reads "For a 6th Republic" in Paris on Sunday during a rally to protest austerity measures announced by the French government. Tens of thousands of supporters of leftist parties marched through central Paris to express disappointment with President François Hollande's first year in power, criticizing the leader for reneging on his promises to rein in the world of finance and enact economic stimulus. MICHEL SPINGLER/THE ASSOCIATED PRESS

Media concentration

CRTC will take another look at Bell-Astral deal

Bell is heading to the CRTC for a second time in hopes that its plan to sell off the majority of Astral Media's TV channels will be enough to appease the regulator's worries its takeover of the media company would not be good for Canadians.

A new round of public hearings on Bell's revised plan to buy Astral starts Monday after the Canadian Radio-television and Telecommunications Commission killed the plan last fall, citing concerns it would restrict choice and raise prices for consumers.

Janet Lo, legal counsel with the Public Interest Advocacy Centre, said the revised deal isn't all that different from Bell's first attempt to win approval to buy Astral. "For us, it raises the same concerns for competition as the first transaction," said Lo, who will appear before the CRTC at the hearings.

THE CANADIAN PRESS

Online auction. Apollo 11 memorabilia up for sale

A U.S. auction house will soon accept bids on space and aviation artifacts, including an electrocardiogram of Apollo 11 Commander Neil Armstrong's heartbeat taken when he first set foot on the moon.

Amherst, N.H.-based RR Auction will take bids on the EKG, which registered a normal heartbeat, and other artifacts during an online auction from May 16 to 23.

Other artifacts include the joystick controller operated by Apollo 11 astronauts Buzz Aldrin and Michael Collins in the Apollo 11 command module. Auction officials say more than 85 lots of Apollo 11 material will be featured in the auction.

Armstrong, an Ohio native, died in August at the age of 82. THE ASSOCIATED PRESS



Moon landing

 Neil Armstrong took his "giant step for mankind" on July 20, 1969. Buzz Aldrin later joined him on the moon's surface.

Canadian e-tailers falling behind U.S. counterparts, report warns

Canadian retailers who have delayed launching a robust e-commerce website are running out of time and face "their last wake-up call," suggests a new report on the state of online shopping in Canada.

The report by the U.S.based Forrester Research, funded in part by Canada Post and Shop.ca, is based on surveys with 1,103 Canadian online shoppers and concludes that U.S. e-tailers are becoming better positioned to steal web revenues from homegrown companies.

"In the eyes of the consumer, the downsides of buying from a U.S.-based retailer rather than a domestic Canadian retailer are diminishing. Canadian retailers should be shaking in their boots," the report says.

Forrester says about 25

Quoted

"Canadian online shoppers will sacrifice any loyalty to Canada-domiciled retailers if they can find the same product cheaper online at an online marketplace or via a U.S. or international retailer." Forrester Research report

per cent of online spending by Canadians already goes through international websites. And the data suggests Canadian shoppers are growing increasingly comfortable with cross-border buying.



Take notice that on the 10th day of May, 2013 at 9:30 a.m., at Calgary Family Court, Courtroom #1205, 601 – 5th Street SW, Calgary, Alberta, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for:

Custody Order; Temporary Guardianship Order of your child born on December 31,
2011. If you wish to speak to this matter in court, you MUST appear in court on this date. You
do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer,
an Order may be made in your absence and the Judge may make a different Order than the
one being applied for by the Director. You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

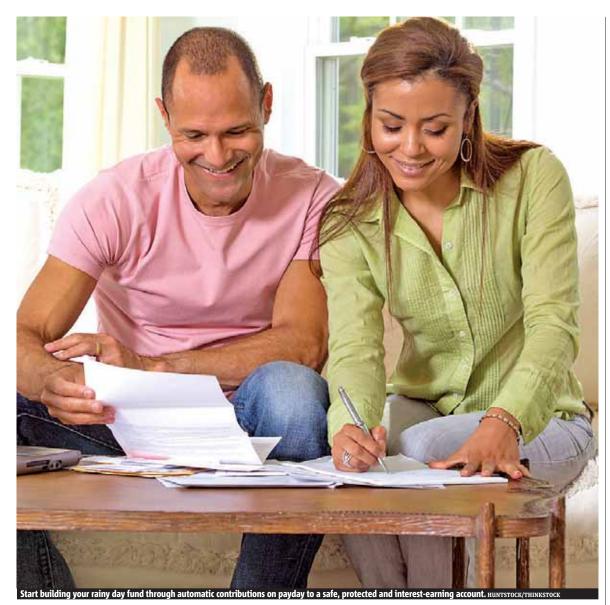
Contact: Diane Charlebois; Jackie Ellice; Daniella Eggink

Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978





metr⊕ **MORTGAGE MATTERS**



Savings. Build a stash of cash

Home ownership is very rewarding. But it can be filled with financial surprises along the way. Planning for the unexpected is wise and easy.
Start with ensuring that

you have the right insurance for your property and possessions. Call your insurance provider or even a trusted insurance broker and have them walk you through your policy so you understand the coverage you have and the process you would have to go through should you have an emergency. If your current policy doesn't meet your needs, change it.

But not all emergencies are covered by insurance. If, for example, you or your partner were laid off, your child became ill, a sewage line backs up or your house needs a new roof, you will need money to tide you over until the situation is resolved.

Financial experts there-

Interesting options

A high-interest savings account is the same as a traditional savings account, but it pays more interest on your funds than a traditional savings

A GIC is a guaranteed investment that will stay protected while earning interest. GICs are invested for a specific amount of time and you get to select

when you would like them to mature — typically a six-month minimum term to a five-year term.

A money market mutual fund is a low-risk investment based on very secure government-backed assets and high-quality corporate bonds, which has no guaranteed return, but typically generates a small, less-risky, return.

fore recommend that homeowners have between three and six months of salary tucked away for a rainy day. But their opinion isn't necessarily right for your situation. You need to decide what amount of savings will make you feel secure.

Over the course of the

next two to three years, start building your rainy day fund through automatic contributions on payday to a safe, protected and interest-earning account. The most popular savings tools are high-interest savings accounts, guaranteed investment certificates (GICs) and money market

mutual funds, all of which are available through your lo-

Wondering how to build this stash of cash? Living frugally and resourcefully is the answer. If you have the space in your new home, rent out a spare room or parking stall. Sell unused household items and consider selling your second car. Cut back on purchases you don't need and use coupons when shopping.

Ensure you have access to some money while you are building your rainy day fund. Make an arrangement with a family member to borrow temporarily, or have access to a line of credit (though it's tempting, try not to use your line of credit for anything other than an emergency). Once your fund is built, you can get rid of interim measures and enjoy your extra cash flow.

Pay it down

Cash flow. Even small cost reductions can help you save money to pay off your mortgage faster



Imagine being mortgage-free faster. Your cash flow would be greatly increased, allowing you to invest more and improve your overall lifestyle.

Now that you are finally feeling settled in your new home, start implementing techniques to reduce your mortgage as pain-free as pos-

Most mortgages allow you to pay extra on the principle balance without having to refinance or renegotiate the mortgage terms.

A double-up payment is simply just paying up to double the regular monthly, biweekly or semi-monthly payment. So, if your regular monthly payment is \$1,500, you could pay up to \$1,500 extra as a double-up payment each month.

Most lenders allow between 10 and 20 per cent of the original value of the mortgage as an annual lump sum payment. If your original mortgage was \$150,000 and your lender allows up to a 10 per cent annual lump sum payment, that translates into a \$15,000 lump sum payment.

If your lender will allow it, set up accelerated weekly or biweekly payments rather than monthly payments. Accelerated payments are slightly higher than regular payments and the increased frequency translates into extra payments each year.

While setting up weekly or biweekly payments, round up to nearest \$100. If your biweekly payment is \$470,

Prepayment options

Wondering how fast you could pay off your mortgage if you took advantage of prepayment options? All major banks have free online calculators to run the numbers or go to Financial Consumer Agency of Canada (select resources, tools and calculators, and mortgage calculator).

round it to \$500.

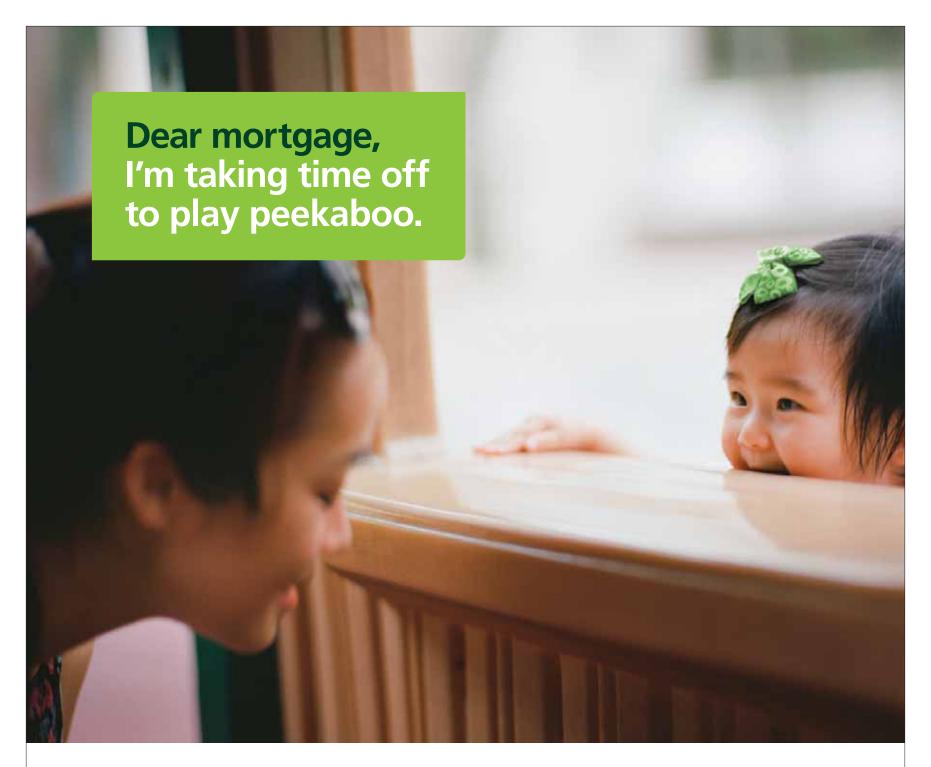
Accelerated payments can be easier for homeowners on a tight budget with fixed cash flow when compared to double-up or lump sum payments. The small extra amount is lower and becomes part of the regular payment, which can be built into a homeowner's regular budget. But if a homeowner benefits from infrequent extra money like bonuses, double-up or lump sum payments could be

Wondering where you could scrounge up extra dough to pay off your mortgage faster? Anytime you receive extra money through a tax return, birthday present or bonus, put it on your mortgage. Cut back on restaurant dinning, theatre tickets and shoe shopping. Bundle and renegotiate utility and cellular bills. Take on extra hours at work or turn a hobby into extra income. Even small cost reductions can save hundreds of dollars.

By making a quick call to your mortgage lender, you can determine the specific prepayment options available with your mortgage.

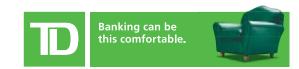


Most mortgages allow you to pay extra on the principle balance withou having to refinance or renegotiate the mortgage terms. isтоскрното/тніпк



Take time off from your mortgage payment. Our TD flexible mortgage feature comes with life in mind. You have the option to save up, then take a payment vacation for up to 4 months. How you spend your payment vacation, well that's up to you.

For more information visit a branch or tdcanadatrust.com/paymentvacation or call 1-866-492-4938 today.



metr⊕ **VOICES**

DATA SHOULD BE MADE AVAILABLE

They say knowledge is power.

In this case, that knowledge comes in the form of data — data that should be accessible to people like you and me and hundreds of thousands of other Calgarians.

Today, the city rolls out its 311 smartphone app, and one would presume it, like the call centre, would be logging the nature of the data input by users — bylaw complaints, snow-removal issues, potholes,

While much of this information is already collected through said call centre, right now the bulk of it is used only internally and not readily available to the public.

Along the same lines, as reported by Metro last week, the city's livery office is giving the thumbs-up to new technology (in some cases, using GPS data) to improve cab service in the city.

Entrepreneurs found a niche, used available data (or

anecdotal data) and came up with a way to fill a void. Simple supply-and-demand forces at work.

It's clear the city has little problem collecting our info but it's still reluctant to offer a lot of it as publicly accessible open

For example, Vancouver has more than 130 open data sets available, and Edmonton has 377, compared to Calgary's 70-something (according to its website).

In particular, Vancouver offers its 311 case volume for dozens of different call classifications — fully available to the public in an Excel spreadsheet.

In Calgary, that's a media call we have to make, hoping they provide information to us in a timely fashion, before the public ever has a chance to see or hear about it.

Imagine if the data collected from the more than one-

million interactions with 311 (likely more with app visits) were logged and provided in a monthly data set available for download at Calgary.ca.

What a gold mine of information for those willing to look through it!

Creating convenient ways for Calgarians to input info and seek answers is great — like on this new 311 app. Responding to it is even better. That's what citizens expect from their civic tax dollars.

But the city needs to look beyond that and start making much of this data available to the public.

It's an opportunity for smart, savvy, industrious people to fill a void the city just can't. It's a way for the city to make its information a commodity, and have others use it for mutual economical benefit; the city saves money as others are providing services, and the entrepreneurs are hopefully making money providing the

And in the end, the most important people benefit you and me and every other Calgarian.

ZOOM

Darren Krause

darren.krause@metronews.ca

Round 1 ... and fight!



Cows lock horns to establish hierarchy

The cow Schakira, left, fights against Champion during the traditional annual Combats de Reines (Combat of the Queens), a cow fight in Aproz, in the western Alpine canton of Valais, Switzerland, on Sunday.

Valais is home to a unique breed of cows, the Herens, also called Eringer cows. The female cattle are robust and possess the singular characteristic of fighting among themselves to establish a hierarchy within the herd.

The behaviour of the breed has given way to the organized cow fight, which attracts stockbreeders and spectators yearly.

THE ASSOCIATED PRESS

t's an uphill battle

The cows' ritual happens naturally every spring as the cows make their annual climb to high mountain pastures.

The cows choose an opponent to lock horns with, and the fight ends when

the defeated cow walks away. At the end of the tournament, the cow who hasn't been defeated is crowned "the queen."

The queen becomes the leader, and guides the drove up the mountains



ANDREW FIFIELD

Now that the days have swung from promising to spectacular, it's past time to start stocking the summer-reading war chest. If you're already behind, don't waste any more valuable reading time wondering what to pick up. Just try these three sites for a few good recommendations instead.

Goodreads:

An all-purpose book lover's social net-work with author interviews, reviews book swaps. But the lists are where the magic happens - compiled by thousands of readers, the simple act of suggestion becomes a sprawling epic covering endless titles. (goodreads.com)

Shelfari:

A social network that's quite a bit like Goodreads, with a similarly robust stable of lists and tag clouds. However,

Shelfari's community is a step above and throwing yourself into the mix with your own library titles and personal reviews makes it all the better (shelfari.com)

What Should I Read Next:

Does all this talk of social networking and personal reviews sound like too much effort? This is about as simple as it gets. If The Hunger Games led you to The Maze Runner and you're wondering where to go next, plug those titles into WSIRN's search engine, and voila. (whatshouldireadnext.com)

As a teenager in Toronto, I strongly oppose underage drinking and feel that it is a growing epidemic in our

Recent studies have shown that more than 80 per cent of high school seniors in the U.S. admit to drinking alcohol. Further studies have shown that the average American has had his/her first drink at the age of 14. This is unacceptable, and is leading my peers into a lifestyle of substance abuse. Research shows that individuals who start drinking at a relatively early age are far more likely to become alcoholics.

Each year, approximately 5,000 deaths occur as a direct result of

underage alcohol consumption. The parents of these children need to be more involved in their children's lives, and not turn a blind eye to what they're doing. They should set boundaries and keep a close eye on the type of crowd their children are hanging around with.

I believe that underage drinking is a major problem in our society. It should be brought up to parents and children and dealt with appropriately. We should do whatever it takes to try to prevent it. Parents shouldn't allow their children to go to unsupervised parties where there's going to be drinking. I believe that the consequences should be stricter. Rahmeh Abdul-Jabbar, Toronto

VE WANT TO HEAR FROM YOU: Gend us your comments: calgaryletters@metronews.ca



President Bill McDonald • Vice-President & Group Publisher, Metro Western Canada Steve Shrout • Editor-in-Chief Charlotte Empey • Deputy Editor Fernando Carneiro • National Deputy Editor, Digital Quin Parker • Managing Editor, Calgary Darren Krause • Managing Editor, News & Business Amber Shortt • Managing Editor, Life & Entertainment Dean Lisk • Sales Manager Blaine Schlechter • Distribution Manager David Mak • Vice-President, Sales and Business Development Tracy Day • Vice-President, Creative Jeff Smith • Vice-President, Finance Phil Jameson • METRO CALGARY Unit 120, 3030 - 3 Avenue NE, Calgary, AB T2A 6T7 • Telephone: 403-444-0136 • Telephone: 403-444-0136

SCENE

Where's the album at?

Beyoncé. Release date rumours, album title rumours and cancelled press conferences has us all wondering the same question

MICHELLE **CASTILLO**

Is it out? Is it coming? Why hasn't Beyoncé's dropped?

Metro walks you through the winding road of pushed back release dates.

JANUARY 10

The February 2013 GQ cover story announces that Beyoncé's album could come out as early as April. She says the album will be mostly R&B.

"I always have my Prince and rock/soul influences. There's a bit of D'Angelo, some '60s doo-wop. And Aretha and Diana Ross," she commented.

FEBRUARY 11

The singer hints that the new album will be "a lot more sensual" and "em-powering." So, she's still a fierce, independent woman, but she's crazy in love and bootylicious?

MARCH 10

A fake track list for Bey's new album surfaces online. Knowing what we know now, there's probably no chance that Ratchet (feat. Lady Gaga & Azealia Banks) and More Than Sex (feat. Ne-Yo) are real songs, seeing that all the singles she has released or pre-viewed were not on the list.



MARCH 17

Beyoncé releases Bow Down/I Been On on her web-

"I took some time to live my life, but don't think I'm just his little wife."

MARCH 19

MediaTakeOut reports that Beyoncé's new album will come out in fall 2013 now because the two songs that were released — Nuclear and Bow Down - were not

doing so well.

"No one thought that both (songs) would fall flat. They were supposed to be her biggest two songs off the album. a source told the website.

MARCH 28

Rolling Stone reports the

new album is called Mrs. Carter (but reports on later dates say the album is yet-to-be titled).

Producer The Dream says Bey has a "very sexual" track called IV Play.

"She's talking about her man, hopefully," he said about the song during the radio program The Angie Martinez Show. "She was talking that talk. That's one of the best performances I've heard from her in that

APRIL 4
The new single Grown Woman is released in a minute-long Pepsi advertisement. The video features Beyoncé in a room full of mirrors. Each show a reflection of one of her old looks.

MTV says in a story about Kelly Rowland that her colleague Beyoncé will release an album within eight

APRIL 23

Don't fret: Gwyneth Paltrow said Beyoncé's album will be out soon. She told Digital Spy that she's heard a "lot, lot, lot" of the songs, but she doesn't know which ones will be left on the cutting room floor.

APRIL 23

Beyoncé performs Grown Woman in Paris, but the unnamed album and the track still have no release date.

APRIL 25

Beyoncé debuts a 90-second clip of a new song called Standing on the Sun for her H&M ad campaign.

A publicist told Metro that a Beyoncé press conference in London, scheduled to promote her role in the animated film Epic, has been cancelled, along with a press screening of the film.

Perhaps this means she's finally finishing that album?









TOUR DOWNTOWN CHRYSLER CONNECTION

RENFREWCHRYSLER.COM

1.888.861.7964

1920 Bow Trail SW
AT THE PUMPHOUSE EXIT

TRADES NEEDED - PAID OR NOT!

PROUDLY SERVING ALBERTANS FOR OVER 77 YEARS!

WITH EVERY VEHICLE **PURCHASE**



2012 CHRYSLER 300

2012 CHRYSLER:300

3.6L V6, PANORAMIC SUNROOF, HEATED SEATS, LEATHER INTERIOR, BACK UP CAMERA BLUETOOTH, TOUCH SCREEN

\$175/bw oac

SRT-8





440 HORSEPOWER! ADJUSTABLE SUSPENSION/TRANSMISSION, EVERY OPTION! \$283/bw oac



2012 CHRYSLER 200 LTD



#10819 2.4L 4 CYL, ONLY 49,000 KM, PW, PL Keyless entry ^{\$}12,888

2012 DODGE AVENGER SXT #10731 ALLOY WHEELS, PW, PL KEYLESS ENTRY POWER SEATS, HEATED SEATS ^{\$}15,888 \$0 DOWN - OAC **2007 CHRYSLER SEBRING TOURING SEDAN** #130553A A/C, ALLOYS, PWR GROUP, V6

\$7,000

\$0 DOWN - OAC

2 SETS

OF TIRES



2009 TOYOTA VENZA V6/AWD

\$0 DOWN - OAC

AUTO, 3.5L, PANA-ROOF **CALL FOR PRICING!**

2010 CHRYSLER SEBRING

2010 FORD FUSIO AWD, LEATHER, SUNROOF **CALL FOR PRICING!**







MONDAY - THURSDAY





metronews.ca Monday, May 6, 2013

Pop goes the week

Billy Ray Cyrus is clueless and Clint Eastwood is wife-less



STARGAZING Malene Arpe scene@metronews.ca

As part of their divorce settlement, Joe and Tina Simpson split the life insurance policy on Jessica Simpson. Kris Jenner sends a "Kongratulations on being trail blazers" kard.

Billy Ray Cyrus says even he doesn't know when Miley and Liam Hemsworth will get married. That's not surprising. He also doesn't know that we all know he's wearing a wig.

Morgan Spurlock, who's working on a film about One Direction, says the documentary will include a doctor talking about what goes on inside a young girl's brain and body when she hears the boy band

play. The doctor says, "The neural and physical symptoms are configured in such as way as to create a psychological as well as corporal matrix of stimuli and after 23 years of intensive studies of the phenomenon of boy bands and their influence on teen girls, the conclusion is Blarg! OMC! Swoonerific!"

Amidst rumours of marriage trouble, Clint Eastwood takes off his wedding ring. He also goes shopping for a new sports car, gets a tattoo and lowers the waist of his pants to a jaunty four inches below his arm pits.

Lindsay Lohan may be launching a website about "art, fashion, music and movies." It will be a lot like Gwyneth Paltrow's site, except mostly about falling down in night clubs.

Alleged comedy Two And A Half Men will be returning next season without Angus T. Jones. Thus necessitating a change of the show's name to Two Men And A Blurry Photo On A Coffee Table.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Reese: BFFs with cops

Reese Witherspoon is continuing the damage control after her arrest last week in Atlanta for disorderly conduct. On Saturday, the actress was spotted arriving at LAX with one curious accessory: a hat bearing the seal of the Atlanta Police Department, People.com reports. We're

guessing this is an attempt by the actress to show the world that, "Hey, the cops and I are cool, OK?" but we're just curious about how she got that hat in the first place. Was it a parting gift after her time being booked in the station? We're guessing it wasn't part of the latest swag bag she got.



Pepsi cutting ties with Lil Wayne

PepsiCo is bowing to public pressure for the second time in a week and cutting ties to Lil Wayne over the rapper's crude reference to civil rights martyr Emmett Till in a song. Lil Wayne, one of the biggest stars in pop music, had a deal to promote the company's Mountain Dew soda.

Earlier this week, PepsiCo also pulled an online ad for the neon-coloured soda that was criticized for portraying racial stereotypes and making light of violence toward women. That ad was developed by rapper Tyler, the Creator.

On Friday, PepsiCo said in a statement that Wayne's "offensive reference to a revered civil rights icon does not reflect the values of our brand." It declined to provide any further comment.

any further comment.

A publicist for Lil Wayne,
Sarah Cunningham, said that
the split was due to "creative
differences" and that it was
an amicable parting.
THE ASSOCIATED PRESS



SUMMER CAMP Gourage to Win Male/Female Athletes 11-23 Yrs - All Sports Skyrocket your mental toughness while having fun and

making friends, guaranteed.
403.261.2726
www.thecouragetowin.com

JOB FAIR May 7 & 8 from 10am to 6pm

Are you looking for a job that makes a difference?



Why not work for The Kidney Foundation - Kidney Clothes branch!

FT & PT Positions available: Admin Assistant, Drivers & Telephone reps. Please bring resume and apply in person on May 7 & 8.

We are located at: 6007 1A Street SW, Calgary, AB





What to pack and what to leave behind

With all the electronics kids have these days, from iPods to video game consoles and cellphones, parents should inquire about a camp's policy on these devices.

Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many camps are simply out of range for most

cellphone use anyway.

Some camps allow periodic phone calls from parents on traditional landline phones, or will print out emails from home and distribute them like mail, but others don't allow nonemergency contact because they want to encourage a camper's adjustment and to discourage interruptions.

What you should take with you to camp is going to vary on what camp you are attending and what activities you will be doing.
Some camps have this in-

formation available on their website or will provide you with this information when

"Cellphone use, in particular, might raise concerns about a camper's independence away from home. Those that allow cellphone use would be in the minority of camps and many cámps are simply out of range for most cellphone use anyway. Some camps allow periodic phone calls from parents on traditional land-line phones ..."

you register.

Here is a list of some of the basics, but check with your camp on what to bring and what to leave at home before you pack. Remember to label your belongings.

What to remember:

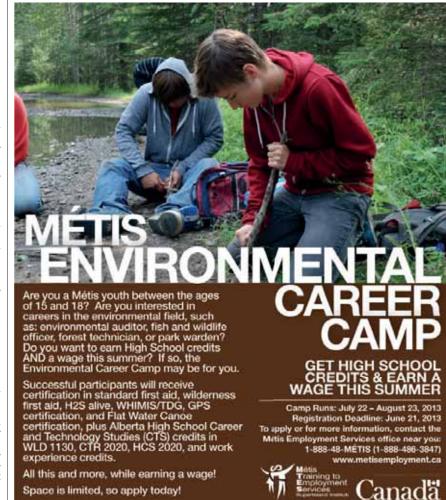
- Swimwear and sleepwear
- Extra changes of clothes

for warm weather and cool weather

- · Comfortable, loose clothing • Rain gear
- Sunscreen (or any other UV protection)
- Hat with a wide brim
- Insect repellant
- · Toiletries such as soap and shampoo, etc.
- · Sturdy footwear that can handle rugged terrain
- Bedding
- Several towels
- Flashlight and extra batter-
- Refillable water bottle
- · Optional items such as cameras, writing supplies, musical instruments, books,

What to leave at home:

- Portable MP3 players and other music players
- Cellphones, PDAs, etc.
- Expensive items that will devastate your child if they are broken or lost
- Too much money a modest amount is all that's needed to buy the occasional treat or souvenir at the tuck shop.



metronews.ca
Monday, May 6, 2013

Save on camp fees

Children may spend an entire year waiting until they can return to their favourite summer camp. Their parents, however, may spend the year saving up to make that return possible.

Luckily, there are resources to make summer camp a reality for all kids, no matter their financial situation.

Just as the types of camps

vary, so do their fees. In general, traditional residential camps can cost \$300 to \$1,000 per week, and day camps will run about \$35- to \$500. This covers access to the camp's facilities, meals, accommodation, medical services, and supervision from a trained staff. Depending on the camp, extras like transportation and laundry may also be included

in the base fee. Other costs may come in the form of supplies, equipment, and clothes. Instead of splurging, administrators recommend using whatever is already at home to keep prices down and avoid ruining newer items.

What Camps Can Do

Often, the sooner parents register their kids for camp, the more they save. Families with more than one child attending enjoy sibling discounts, and referring other campers will earn them even more fee reductions.

What Charities Can Do

Another valuable resource is a charitable organization whose mandate is to send kids to camp.

What Families Can Do

Paying for camp is increasingly becoming a group effort. Kids can hold yard sales, do chores around the neighbourhood, or save up birthday money.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.





Keeping days full

There are many facilities that run day camps in the summer. It is important to do your research to find a program that fits best with your family's needs.

You may find that some camps are simply daycare programs offering a modified version of their regular curriculum, including circle time, reading, snack, and free-play in a small yard. Backyard camps can merely be programs offering little more than babysitting with a kiddy pool and a swing set. A small camp is not necessarily the right camp for your little tyke.

The right camp can provide your child with growth and confidence while being in a fun, warm and safe environment.

When looking for a day camp, you want to ensure that it offers a variety of age-appropriate activities and programs for both boys and

Also consider

 Other points to consider include: How long has the camp been in business? What first-aid facilities does the camp have? Is this a camp your child will grow with or outgrow quickly?

girls. Outdoor camps, as opposed to daycares or backyard camps, are able to offer a wider variety of activities to keep your child both engaged and excited to attend every day.

To really know what you are signing up for, make sure to visit the camp facilities with your child.

Speak to the camp director and ask lots of questions.

What type of training does the camp staff receive? Knowing how the camp staff handles meal times

and sun safety is important. With young children, the staff needs to help open lunches and containers and make sure that meals are eaten. Staff members need to encourage and ensure that campers are staying well hydrated, especially during hot days. The staff should be applying sunscreen several times a day and shouldn't expect the children to remember or apply it themselves.

What are the camperto-staff ratios? Low staff-tocamper ratios ensure that your children receive personal attention and are treated with patience, sensitivity, and TLC.

Safety is every parent's concern and you want to ensure that the camp's infrastructure is professionally maintained and is not a makeshift facility.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN SURVIVE MOTHERHOOD.



Morning program consists of Career Planning, Goal Setting, Post Secondary options, education funding and an employer career fair to help you find a long term career or summer employment.

Afternoons will be spent on and off the ice, building not only your hockey skills, but also life skills.

Program for ages 15 - 20. Must provide own equipment. Meals & accommodations not included.

Get off the bench and register today!

TAKE PART IN A POWER PLAY ON YOUR FUTURE!

Camp Runs; July 1 - 5, 2013
Registration Deadline: June 17, 2013
Location: River Gree Report - Edmonton, AB
To apply or for more information, contact the
Mitis Employment Services office near you:
1-888-486-3847)
www.metisemployment.ca





Questions you need to ask a camp director

Deciding on which camp to send your kids to can be stressful for parents. Will the camp be a good fit? What type of training do the counselors have? Will my child enjoy their time away? For parents with children who have special needs, this stress is multiplied.

Before you sign your child up for camp, here are some questions you need to ask a camp director to ensure a funfilled and stress-free summer for both you and your child.

• What is the camp's philosophy and approach? This question is very important in determining whether the camp, its program, and staff members are right for your child

• Will they provide references

from parents, campers, and staff? A camp should offer you a list of families to speak with to find out more about their program, and their child's experience at camp.

• Can you visit the camp in the off-season? It's well worth the drive to camp in the offseason to see the facilities, show your child around, and have another conversation with the directors — this time at camp instead of your living room.

• Is the camp accredited and by whom? Be certain that the camp you are considering is an accredited member of a provincial camps association or a similar organization.

• What will be the location and format for the first meeting between the camp director and you and your child? You can tell quite a bit about what a camp is like by the style, format, and location of the initial meeting between you, your child, and the camp's director. Pay special attention to body language. Watch how your child reacts when meeting the director. Does the director engage your

them to laugh, talk about favourite subjects, activities, concerns about going to camp, etc.

• What is the camp director's background? Camp directors set the tone for camp, so it's important that you find out about their backgrounds.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP BUSY WOMEN



Before your children go away to camp, sit down and have a chat with them so they will know what to expect. ISTOCKPHOTO/THINKSTOCK

A talk can ease child's anxieties

Your attitude towards the camping experience is equally as important as what the experience at the camp itself might be. Be sure you are ready to have your child leave home, that you trust them to be on their own, that you aren't fearful of the risks and rare, but possible, mishaps connected with camping.

You can prepare your child for the new and uncertain, yet highly rewarding, experience that will be encountered at camp through friendly chats about things that might seem different. You will think of many things to talk about. Here are a few to start off with:

• Darkness: You might mention the difference between the bright lights in the city at night and the quiet beauty of the star-studded evenings in the country. Sitting around the camp fire at night will seem exciting and different to youngsters.

• Noises: Normal city noises of sirens, buses, horns, airplanes will be exchanged for the sounds of small animals, the chirping of crickets, owls hooting, etc.

• Space: Undeveloped land is becoming a thing of the past. At camp, however, children have acres and acres for playing and hiking. It may be a child's first encounter with this sort of environment, and it may seem very large in comparison to what they are used to. Adults have a tendency to forget that things we long ago accepted will be adjustments for children.

• Children: Mention that there are different kinds of children and that it will require "give and take" to get along, to make friends and to get the most out of living at

• Religion: People have different religious customs, but each has a right to believe in their own way.

METRO NEWS SERVICES



FAMILY

Cooperation

Don't ask your kids, tell them

Do not pose instructions as a question.

"Do you want to put your mitts on?" will often get a reply of "NO!" Use an "it's time to..."

statement.

"It's time to put your mitts on."

If "NO!" still happens you can say, "Oh, I didn't ask you, I was just letting you know what time it

ANDREA MAIR OF YUMMYMUMMYCLUB.CA

Diaper disposal does double duty

Want to know a clever way to make your dollar stretch further, get your baby gear doing double duty and be environmentally friendly?

When you've moved beyond diapers to toilet

training, don't throw out that diaper disposal unit. Put it in your kitchen and use it as a dedicated organics disposal! It's smell proof, self-contained, and foot-pedal operated. What more could you want?

KAT INOKAI OF YUMMYMUMMYCLUB.CA

Follow along with the comedic (mis)adventures of mommyhood online with Reasons Mommy Drinks at metronews.ca/voices



Where does religion fit in?

Soul searching. Mom worries if she should be introducing some spirituality into her child's upbringing

JULIE M GRFFN

After a recent near-miss faux pas (whereby I almost signed off an email wishing a Jewish acquaintance a Happy Easter), religion is at the forefront of my thoughts.

Though we were both raised Catholic, my husband and I made a conscious decision to eschew religion when raising our son. At the risk of facing the ire of in-laws, we decided not to christen him or to subject him to regular mass or sacraments. He is attending a public school.

Like many parents, we do not want to force a particular faith onto our child. Rather, we want him to make an informed decision about his own spirituality when he is old and mature enough to do



so. Until then, we try to impart our Christian values in a loose, fairy tale way. While it may be naive of me to think you can cherry pick parts of

a given religion and discard those that leave a bad aftertaste, so be it. Yet part of me wonders if agnosticism is truly the right move.

I wonder whether he is missing out on a distinct sense of community and tradition. When you don't belong to a religion, you are adrift.

You have friends and family, sure, but no spiritual raft. Are we doing our son a disservice by leaving him out at sea with no oar?

For those who staunchly believe, faith creates order out of chaos, meaning out of meaninglessness. But at heart I'm a Lennonist (not to be confused with Leninist!). As in John Lennon, of Beatles All-You-Need-is-Love, fame.

I'm a big believer in love over rites and rituals. Given the choice, I'll choose human kindness and acceptance over doctrine and dogma any day of the week. Jesus loved sinners. However, I've come to the sad conclusion that the Church does not. But who knows what will happen with a fresh new pope in situ.

Though I wouldn't liken a religious upbringing with child abuse, as some atheists famously do, I question whether it is selfish to blackball my son's spiritual education. If we don't teach him, how will he know what he's missing? Will he resent us for not versing him in the ways of the Bible or introducing him to God, Allah,

Want a perfect photo? Use whiskey

When I photograph my kids, there is one basic understanding that I have with them: I just need ONE good photo.

The faster that they cooperate and give me that one photo, the faster they are free to go and build Lego/ colour/play Minecraft. If they grimace or scowl, they just drag out the process. I don't want to spend an hour taking photos, and they don't want to spend an hour posing. This doesn't always work when your kids are wee, of course.

Scowls aside, here are five tips for taking great photos of your kids.

1. Use whiskey

Not the beverage; the word.

Unless, of course, a shot of whiskey is your thing. If you try to make your kids smile by telling them to say "cheese" their smiles will look cheesy. If you have them say "whiskey" (or "monkey" if you have an adverse reaction to whiskey), their smiles look more

2. Shoot them (off-centered)

The technical term is "Rule Of Thirds," but the gist of it is this: You do not want them right smack in the middle of the frame. Move them to the right or left of centre and you will have a shot that is instantly better.

3. Fill the frame

If you are hoping to capture a good portrait of your child, zoom in and fill a large portion of the frame with her face. To get an even more dynamic shot, crop out the top part of her head.

4. Catch them when they aren't looking

We all seem to be programmed that the best shots are the ones where our children are looking at the camera smiling the perfect smile, and showing the world how adorable they are. Sometimes a great photo of them occurs when they are not even aware that you are snapping their photo.



5. Break all of the rules

Try different angles, different perspectives, different crops.

You may end up with a photo that is timeless. ANGELLA DYKSTRA OF YUMMYMUMMYCLUB.CA

metronews.ca WORK/EDUCATION 21

You're more capable than you may know

Talents you have tucked away. Rev up your resumé by reflecting on your own transferable skills

YLVA VAN BUUREN

CareerBear.com

If you think you have little or no experience to offer prospective employers, think again, says Sandy Johnson, vice-president of NEXCareer.

We all get experience and skills from different places and various aspects of our lives, says Johnson. These versatile talents that serve you well in different jobs are often identified as "transferable skills."

"Sometimes we have difficulty seeing these competencies because they're such an integral part of who we are that we don't notice them," says Johnson. "But they're the same ones that make us stand apart."

If you are looking for a new job, identifying your transferable skills is the start to exploring what's next. Then, your goal should be to articulate skills in a way that a prospective employer can understand how they relate to the role that they're trying to fill.

"You need to connect the

dots for employers so that they can see how you can bring value to their organization," Johnson says.

Here are five common roles and some examples of their transferable skills:

Full-time parent/ homemaker:

"This is a huge job that is so all encompassing, and some of the skills can be translated into a business context," Johnson says. For example, maintaining your home and property may require similar expertise to managing an office when it comes to selecting contractors or other suppliers. A homemaker has the skills to facilitate smooth daily operations much like skills that are valued in the workplace — project management skills

The great web of work

- Career Bear is Canada's premier source for people who want a new career but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



(booking a family holiday), negotiation skills (you do it every day with your kids), and time management skills (reacting to changing priorities at home).

Labourer

Manual and other labourers have a range of transferable skills, says Johnson. "The ability to take direction and work independently as well as take initiative and deliver results is highly valued in many roles." Labourers are often task-oriented and show strong problem-solving skills to ensure a job well done within certain requirements and time frame (for example, finding faster)

better ways to have flats of flowers planted by noon or dividing responsibilities amongst team members to accelerate the process).

Administrative assistant

Whether supporting one person or a team, this type of position demands organizational and planning skills, management of multiple parties with conflicting agendas and needs (boss, team members, clients, suppliers, etc.), confidentiality and discretion, multi-tasking and prioritizing, ability to improvise and being able to calmly make decisions

What are my strengths, sister?

It's helpful to have somebody to consult with when you're identifying your transferable skills. Other people can sometimes see your talents more clearly than you can see them yourself, says Johnson. Here's a quick exercise to help.

- Write down skills that contributed to past accomplishments (for example, leadership skills on your basketball team, planning skills for organizing an event).
- Write down skills you've

been complimented on (for example, you have been told that you are a good listener or have great interpersonal skills).

Think about activities that make an exciting experience for you and how it has impacted your success (for example, your passion for always taking on a new sport may indicate you are a quick learner and can easily adapt to new challenges).

Call centre representative

"Working with the public can be incredibly challenging because you're often on the receiving end of complaints and negative feedback. The ability to provide diplomatic and courteous service while making sure the customer is heard is a huge skill-set, appreciated everywhere," says John-

son. You need to demonstrate exceptional communication skills not just with the customer but with the rest of the team as well. This position entails diagnosing problems and offering solutions. You've got to be able to think on your feet and know when to escalate an issue. Follow-up and follow through are important.

Can you give me a break?

Give me a break.

You've just landed a new job but you're itching to jet away. Is it too soon to put in the request?

JULIA WEST

Metro World News in New York

The season for summer getaways is fast approaching. But for those who are still wet behind the ears in a new position, is vacation really a possibility? Some companies have a clear policy of when an employee can cash in on paid time off, while others are more vague.

We asked the experts just how soon is too soon when you're a recent hire.

The first ninety days at a company are usually a trial period when the employee gets situated. In most cases, paid

Vacation consideration

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period."

Tina I. HamiltonPresident and CEO of hireVision Group, Inc.

time off is accrued after that.

"For this reason, it is generally advisable to not take a lengthy vacation, more than two days off, for at least six months.

"Even better — wait until you have completed your first year at your new job," suggests Lahle Wolfe, writer for About. com's Guide to Women in Business.

If you have travel plans prior to starting, it's best to be upfront about it.

"If you know you have a major vacation planned when you receive a job offer, it's best to be

honest about it with the hiring manager," says Lori Hourigan, regional manager for staffing firm Robert Half.

"If you explain the situation and give enough advanced notice, most supervisors will try to accommodate your existing plans."

When you don't have prestanding plans it's important to go into vacation negotiation delicately.

"If you must ask at the start of your new job, be thoughtful in not requesting time off during a crunch period," Tina I. Hamilton, a professional in human resources and president and CEO of hireVision Group, Inc. "And defer to the vacation requests of more tenured staff whenever possible. These considerations will pay off for you in the long run, and as you get established, your peers will do the same for you."

Make yourself comfortable at work, live it up when the weekends come and start planning an outstanding vacation for next year.

Adventure! Teach English Overseas

> TESOL Certified in 5 Days > In-Class or Online > No Degree Required! 1.888.270.2941

Job Guaranteed!

Next in-class course: June 19th - 23rd, 2013 Next Seminar: May 21st 2013 @ 7pm Travelodge University Hotel - 2227 Banff Trail NW www.globaltesol.com

TESOL
COLLEGE
Tud English Worldwide



*(Based on PVT Reporting Period April 1, 2012 – March 31, 2013) **Based on 2011 Alberta Wage and Salary Survey



Nursing profession continues to evolve

CHRIS EDWARDS

National Nursing Week celebrates a profession with a complex history. While some may know the story of Florence Nightingale, hers is but one moment in the development of the nurse — a role that has evolved from servant and helper to independent, organized, medical leader.

Canadian nursing, as we

know it today, is the product of reform. New medical technologies, along with advances in hygiene, had allowed Canadians, by the middle of the 19th century, to see the hospital as a place to go for care, rather than simply a place to die.

Nursing came to be seen as an acceptable career for women. Nightingale, the British nurse who proved her mettle in the Crimean War, helped make that possible. She agreed to provide lodgings and salary to nurses who followed her to the Crimea; in exchange, they abided by her rules. She emphasized both training and conduct, and worked to differentiate the role of nurse from that of the doctor, sometimes with difficulty.

Nightingale's ideas found their way to Canada. The first Canadian training school for nurses, part of the St. Catharines General Hospital, opened in 1873. By 1909, there were 70 such schools in the country. This period also saw the formation of a national representative body for nurses, now known as the Canadian Nurses Association (CNA).

Nursing, as a profession, had grown in popularity and esteem. But Nightingale's emphasis on the subordinate role of the nurse — and, by extension, of women — still had to be challenged.

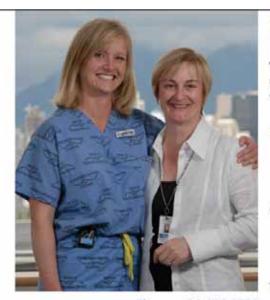
The outbreak of the

Second World War again put emphasis on the role of the Canadian nurse — and led to a shortage of them. The federal government intervened, allocating funds for nursing education, while publicity campaigns reached out to young women who, suddenly, had more career options available to them. In the years that followed, union activity among nurses increased — many advocated for improved working condi-

tions and better pay.

Calls for a day of recognition began around this time. The International Council of Nurses first celebrated a Nursing Day in 1965; and, in 1974, the U.S. government established National Nursing Week. The Canadian government followed suit in 1985.

Today, National Nursing Week is celebrated by nurses of both genders, in communties across Canada. Their story is still being written.



Phone: 604.675.2500 Toll-Free in North America: 1.800.565.1727

Come for the job. Stay for the team.

Vancouver Coastal Health is world renowned for innovation and a focus on quality care and outcomes. The remarkable range of specialties places VCH at the forefront of career destinations. Launch an exciting career with us where you can apply your skills and develop new ones alongside some of Canada's finest practitioners.

✓ Incredible Lifestyle ✓ Outstanding Career Move

Immediate opportunities in the following areas:

- Bone Marrow Transplant
- · Community and Home Health
- · Critical Care
- · Diagnostic Imaging
- Emergency
 - High Acuity Med/Surg
 Mental Health (Acute,
 - Mental Health (Acute, Community, Tertiary)
- Neuroscience
- Operating Room
- Obstetrics/Med/Surg Float

Advanced Practice positions:

- Clinical Nurse Educators
- Clinical Nurse Specialists
- Infection Control Nurse
- Experienced Resource Nurse Pool (3+ years)

To find out more and to apply, visit: jobs.vch.ca

- Nurse Practitioners
- Patient Care Supervisor
- Patient Flow & Access Leader
- . Wound, Ostomy & Continence Nurse Clinicians





metronews.ca
Monday, May 6, 2013

NURSING WEEK 23

Campaign. Nurses say 'It's about time'

The Canadian Nurses Association (CNA) campaign to raise awareness about nurse practitioners (NPs), which focuses on how NPs improve access to quality health care and reduce wait times, was recently launched on P.E.I.

More than four million

Canadians are without access to a primary health-care provider, while those that have one often have difficulty accessing care. The result is an unsustainable, heavily burdened and overcrowded health-care system. As the national professional voice of

registered nurses (RNs), the CNA strongly believes that adding more NPs will improve access, lead to a greater number of health-care options and enhance care for the whole patient.

"Nurse practitioners have been an important part of Canada's health-care tem for decades," said CNA president Barb Mildon. "But Canadians would get a lot more benefit if the healthcare system allowed more NPs to work to their full scope of practice. Given the current strains on our system, there's no better time to harness the full capabilities and expertise of NPs. They're an existing resource with a track record for improving Canadians' access to primary health care.'

NPs are RNs with additional education, advanced knowledge and nursing experience, who work collaboratively with other nursing colleagues and health-care providers. They deliver and co-ordinate high-quality care, order tests, prescribe medications, and diagnose and man-

age chronic illnesses. NPs are part of health-care teams in a variety of settings, including community clinics, doctors' offices, nursing homes and hospitals.

The campaign — whose slogan is "Nurse Practition-

COLUMBIA

ers: It's About Time!" — is led by the CNA, in conjunction with ARNPEI.

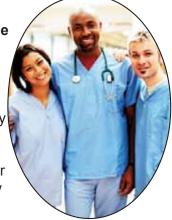
METRO NEWS SERVICES

National Nursing Week May 6-12, 2013

Columbia College would like to recognize all of its Practical Nurse Graduates and Faculty during National Nursing Week.

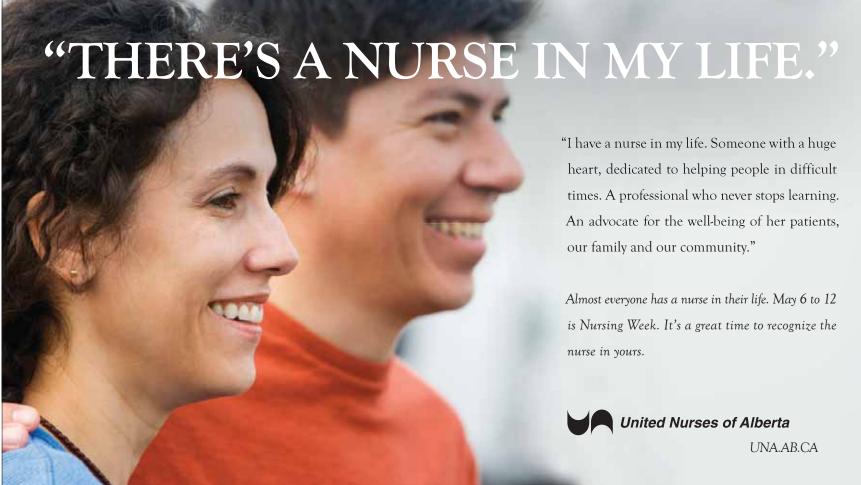
"As a nurse, we have the opportunity to heal the heart, mind, soul, and body of our patients, their families, and ourselves. They may forget your name, but they will never forget how you made them feel."

- Maya Angelou



Call now: (403) 648-2265 www.columbia.ab.ca/m





HELPING YOU Find THE RIGHT SCHOOL





Get insider connections with schools



Compare programs, pre-reqs and costs in one place



Gain exclusive tips from experts

Get Started Now www.SchoolFinder.com



SchoolFinder.com

South Meets West: Fried chicken with Asian twist

The U.S. South's love affair with fried chicken is being challenged by an unlikely influence: The North. Southern food has always been a confluence of cultures, it just happens that it's now the North that is infusing its ideas in the culinary mix.

This chicken dinner by Brooklyn-born Kentucky chef Edward Lee blends a staple of Southern cooking with two Asian ingredients.

In a large bowl, mix flour, salt, cayenne and garlic powder.
 Add chicken and toss to coat.
 In a medium Dutch oven

Ingredients

- 125 ml (1/2 cup) flour
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) cayenne pepper
- 5 ml (1 tsp) garlic powder
 4 bone-in, skin-on chicken thighs
- 30 ml (2 tbsp) vegetable oil
- 500 ml (2 cups) chopped onions
 15 ml (1 thsp) minced garlic
- 80 ml (1/3 cup) bourbon
- 500 ml (2 cups) chicken stock
- 100 ml (1/2 cup) orange juice
- 30 ml (2 tbsp) soy sauce15 ml (1 tbsp) dark miso
- 8 oz shiitake mushrooms, stems discarded, thinly sliced
- Cooked rice, to serve



over medium, heat the oil until it shimmers. Add chicken pieces skin-side down and cook, turning once, 8 to 10 minutes. Transfer chicken to a papertowel-lined plate and set aside.

3. Pour off all but 30 ml (2 tbsp) of oil from the pot. Reduce heat to medium-low and add onions. Cook, stirring occasionally, 12 to 15 minutes. Stir in garlic and cook for 1 minute. Add bourbon and cook until liquid has

evaporated, about 2 minutes.

4. Stir in chicken stock, orange juice, soy sauce and miso and bring to a simmer. Return chicken to the pot, cover and simmer until it is cooked through, about 30 minutes.

5. Add mushrooms and simmer, uncovered, until they are tender and the sauce is the consistency of a gravy, about 10 to 15 minutes longer. Serve with rice. THE ASSOCIATED PRESS

Lunch. Honey-Paprika Chicken With Roasted Oranges



1. Heat the oven to 200 C (400 F). Coat a rimmed baking sheet with cooking spray.

2. Slice off and discard the ends of oranges. Cut each orange into 4 thick slices. Arrange slices in a layer over baking sheet.

3. In a small bowl, mix together paprika, garlic powder, chili powder, salt, cumin and ginger. Stir in honey and broth to form a thick paste. Rub the paste thickly and completely over each chicken thigh, then set the thighs in an even layer over the orange slices. Scatter the ol-

ives over the chicken. Roast for 25 minutes, or until the chicken reaches 165 F.

4. Divide chicken and olives

between 8 plates. Use tongs to squeeze 1 or 2 orange slices over each serving.

THE ASSOCIATED PRESS

Ingredient

- 4 navel oranges
- 50 ml (1/4 cup) smoked paprika
- 30 ml (2 tbsp) garlic powder
- 10 ml (2 tsp) chili powder
- 5 ml (1 tsp) kosher salt
- 5 ml (1 tsp) ground cumin • 5 ml (1 tsp) ground dry ginger
- 50 ml (1/4 cup) honey
- 30 ml (2 tbsp) chicken broth2 lbs boneless, skinless chicken
- thighs
- 250 ml (1 cup) mixed marinated olives, sliced

metronews.ca SPORTS 25

NHL playoffs

Kunitz caps topsyturvy Penguins win on Long Island

Chris Kunitz scored his second power-play goal of the game 8:34 into overtime, off a pass from Sidney Crosby, and the Pittsburgh Penguins shook off an early deficit and a late blown lead to beat the New York Islanders 5-4 on Sunday in Game 3 of the first-round series.

The Pens rode ups and downs in taking a 2-1 lead in the series.

Pittsburgh trailed 2-0 just 5:41 in but rallied to lead 3-2 before the first period was over. The Penguins seemed in control in the third, but New York erased a 4-2 deficit on goals by Kyle Okposo and John Tavares.

THE ASSOCIATED PRESS

World championship

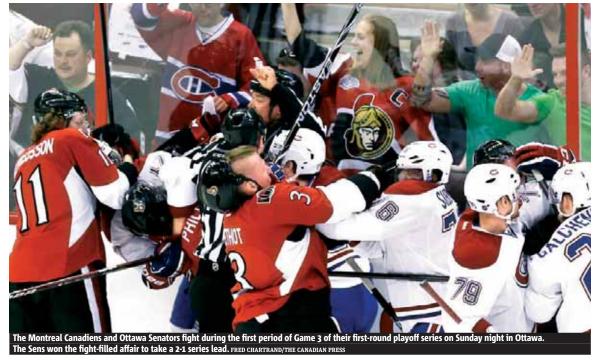
Swiss expose holes in Canada's game

Lindy Ruff was left wishing for selfishness from his talented Canadian forwards Sunday at the IIHF World Hockey Championship.

Too much passing and not enough shooting in regulation were the root causes of a 3-2 shootout loss to Switzerland.

Canada passed the puck around for 34 seconds with an extra attacker and never got a shot away during a delayed penalty early in the second period. Switzerland intercepted a pass to kill the play.

The Canadians mustered just three shots on Martin Gerber in the first period and 21 in regulation. Gerber stopped Matt Duchene for the win after Reto Suri scored his second of the shootout on Canada's Mike Smith. THE CANADIAN PRESS



Senators have Habs back on their heels

NHL playoffs.

Canadiens unable to raise level of play to match hosts as Ottawa grabs 2-1 series lead

Jean-Gabriel Pageau's bloody smile told the tale of the Senators' Game 3 victory over the Montreal Canadiens on Sunday night.

The 20-year-old rookie lost a tooth while scoring his first NHL hat trick in a fight-filled, emotional 6-1 win that gave Ottawa a 2-1 lead in the best-



of-seven quarter-final series.

The 20,249 on hand at Ottawa's Scotiabank Place could be heard chanting Pageau's name and the Ottawa native says he's hoping to give them the opportunity to do it again.

"It was good motivation and forced me to push myself to keep going," Pageau said.
"They liked my game and I didn't want to disappoint them after that."

The third period started out with the Senators leading 2-1, but after Pageau's second goal of the night and a Kyle Turris marker made it 4-1, emotions overflowed and a line brawl broke out at centre ice.

Turris' goal seven minutes in, his first of the series, put the game out of reach and on the ensuing faceoff five fights broke out

"I thought we handled ourselves well under the circumstances and the duress we were put under and we defended ourselves," Ottawa coach Paul MacLean said.

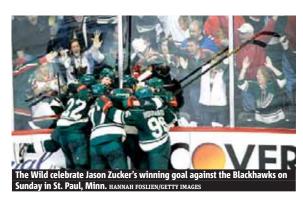
The Senators ended up with the man advantage after the brawl and Jakob Silfverberg scored on the power play as he beat Habs goalie Carey Price up high to make it 5-1 with more than 12 minutes remaining.

More penalties were taken and at one point Ottawa was left with just five players on the bench, while Montreal had six.

A total of 236 penalty minutes was handed out, with 129 to Montreal and 107 to Ottawa, setting a new record.

THE CANADIAN PRESS

Wild climb back into series with Hawks



Beating the Chicago Blackhawks usually requires a certain kind of performance: Bruising, aggressive and unflappable.

That's precisely what the Minnesota Wild produced, entertaining the fans at their first home playoff game in five years.

They had a little luck, too, when Jason Zucker blindly sent his bad-angle overtime shot toward the goal.

Zucker scored at 2:15 of the extra period to give the Wild



a 3-2 victory on Sunday to pull within 2-1 in the Western Conference first-round series.

"I don't know if I even saw the net. I probably didn't even look at the net," said the rookie Zucker, who raced to the corner and jumped against the glass to celebrate. "I just tried shooting it, and it happened to go in for me"

Pierre-Marc Bouchard had a goal for the Wild after Johnny Oduya scored for the Hawks late in the first.

Zach Parise's first goal of the series came early in the third period, but Duncan Keith got one back for the Blackhawks with 2:46 left in regulation.

THE ASSOCIATED PRESS

metronews.ca Monday, May 6, 2013

University of Calgary Dinos defensive tackle Linden Gaydosh, of Peace River, Alta., holds the Peter Gorman trophy as rookie of the year at the CIS awards ceremony Thursday, Nov.26, 2009 in Quebec City. Gaydosh is anxious to know the outcome of the CFL draft Monday. JACQUES BOISSINOT/THE CANADIAN PRESS

Gaydosh no longer in control of his destiny on draft day

CFL draft. Where talented tackle will land still a toss-up with at least 4 teams interested

Linden Gaydosh is used to being in control.

For four years, the Calgary Dinos' six-foot-three, 314-pound defensive tackle routinely was able to impose his will on the football field. Then this off-season, the native of Peace River, Alta., had ultimate influence on his workout results before CFL officials, as well as his conduct in the one-on-one interviews afterwards.

But now Gaydosh finds himself in unfamiliar territory. He has no control over where he'll be taken on Monday in the CFL draft.

CREDIT, NO CREDIT

AT ALL OR

CLEAR OFF

OUTSTANDING

COLLECTIONS?

HELP WITH YOUR

AUTO INSURANCE!!

OUTSTANDING FINES!!

"At this point, it's all out of my hands," Gaydosh said. "That (uncertainty) has been tough.

"I really don't know what I'm getting myself into and what's going on just yet. I can't wait until the draft, when I know for sure."

Gaydosh won't have to wait long, since he's the decided favourite to go first overall. What city he'll call home, though, remains unclear.

Hamilton has the No. 1 selection and is certainly interested in Gaydosh, flying him in on Friday for a meeting with head coach/GM Kent Austin and the club brass. That was a day after the Ticats sat down with Dinos linebacker Mike Edem, another projected first-round selection.

But at least three other clubs — Winnipeg and, reportedly, Toronto and B.C. — have approached the Ticats about

The big leagues

"It's going to be a whole other step up, a whole lot faster."

Defensive tackle Linden Gaydosh on his forthcoming transition into the CEL

trading for the first overall pick. Austin said Friday he's will-

Austin said rriday he's Wiling to listen to other GMs and wouldn't be against trading the No. 1 selection if the right deal came along.

Gaydosh admits he's flattered to be mentioned as a potential No. 1 pick and if he goes first overall he'll enjoy allowing his family to revel in it. But he says it won't consume him.

"I know it's just an opportunity," he said. "It's not a guarantee."

THE CANADIAN PRESS

NBA playoffs

Pacers pounce on Knicks in Game 1

David West scored 20 points, Paul George added 19 and the Indiana Pacers beat the New York Knicks 102-95 on Sunday in Game 1 of the Eastern Conference semificals

THE ASSOCIATED PRESS

NBA playoffs

Durant delivers as OKC tops Grizz

Kevin Durant scored 35 points and hit a pair of jumpers in the final minute to lift the Oklahoma City Thunder to a 93-91 victory over the Memphis Grizzlies on Sunday in Game 1 of the Western Conference semi-finals. THE ASSOCIATED PRESS



PH 403.276.4000 ST 1.800.902.1941 ST NATHAN 403.91977/16 ST OF THE PROPERTY OF

100% APPROVAL

POOR CREDIT? NO CREDIT?

UP TO \$5,000 CASH BACK

CALL TODAY & GET APPROVED!

150 UNITS TO CHOOSE

NHL PLAYOFFS CONFERENCE

QUARTERFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 2-1) **Sunday's result** Pittsburgh 5 N.V. Islanders 4 (OT) **Tuesday's game** Pittsburgh at N.V. Islanders, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

(Ottawa leads 2-1)
Sunday's result
Ottawa 6 Montreal 1
Tuesday's game
Montreal at Ottawa, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)

(Washington leads 2-0) **Saturday's result** Washington 1 NY Rangers 0 (OT) **Monday's game** Washington at NY Rangers, 7:30 p.m.

BOSTON (4) VS. TORONTO (5)

(Series tied 1-1)
Saturday's result
Toronto 4 Boston 2
Monday's game
Boston at Toronto, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 2-1) **Sunday's result** Minnesota 3 Chicago 2 (OT) **Tuesday's game** Chicago at Minnesota, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

(Anaheim leads 2-1)
Saturday's result
Anaheim 4 Detroit 0
Monday's game
Anaheim at Detroit, 8 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

(San Jose leads 2-0)
Sunday's result
Vancouver at San Jose
Tuesday's game
Vancouver at San Jose, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 2-1)
Saturday's result
Los Angeles 1 St. Louis 0
Monday's game
St. Louis at Los Angeles, 10 p.m.

MLB

AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Boston	20	11	.645	_
New York	18	12	.600	11/2
Baltimore	19	13	.594	11/2
Tampa Bay	14	16	.467	51/2
Toronto	11	21	.344	91/2
CENTRAL DIVISION				

WEST DIVISION

WEST DIVISION				
	W	L	Pct	GB
Texas	20	11	.645	_
Oakland	18	14	.563	21/2
Seattle	15	18	.455	6
Los Angeles	11	20	.355	9
Houston	8	24	.250	121/2

Sunday's results Toronto 10 Seattle 2

Texas 4 Boston 3 Oakland 5 N.Y. Yankees 4 Minnesota 4 Cleveland 2

Kansas City 6 Chicago White Sox 5 (10 inn.) Baltimore 8 L.A. Angels 4 Detroit 9 Houston 0

Saturday's resultsSeattle 8 **Toronto 1**Texas 5 Boston 1

Baltimore 5 L.A. Angels 4 (10 inn.) Kansas City 2 Chicago White Sox 0 N.Y. Yankees 4 Oakland 2 Cleveland 7 Minnesota 3 Detroit 18 Houston 2

NATIONAL LEAGUE

Sunday's results

San Francisco 4 L.A. Dodgers 3 St. Louis 10 Milwaukee 1 Cincinnati 7 Chicago Cubs 4 Atlanta 9 N.Y. Mets 4 Miami 14 Philadelphia 2 Tampa Bay 8 Colorado 3 San Diego 5 Arizona 1 Washington 6 Pittsburgh 2

NBA PLAYOFFS

CONFERENCE SEMIFINALS

(Best-of-7 series; All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS. CHICAGO (5)

Monday's game Chicago at Miami, 7 p.m. Wednesday's game Chicago at Miami, 7 p.m. Friday's game

Miami at Chicago, 8 p.m.

NEW YORK (2) VS. INDIANA (3)

(Indiana leads 1-0)
Sunday's result
Indiana 102 New York 95
Tuesday's game
Indiana at New York, 7 p.m.
Saturday, May 11
New York at Indiana, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V. MEMPHIS (5)

(Oklahoma City leads 1-0) Sunday's result Oklahoma City 93 Memphis 91 Tuesday's game Memphis at Oklahoma City, 9:30 p.m. Saturday, May 11 Oklahoma City at Memohis. 5 p.m.

SAN ANTONIO (2) V. GOLDEN STATE (6)

Monday's game Golden State at San Antonio, 9:30 p.m. Wednesday's game Golden State at San Antonio, 9:30 p.m.

Friday's game San Antonio at Golden State, 10:30 p.m.

SOCCER

MLS

Sunday's results
Kansas City 4 Chivas USA 0
Houston at Los Angeles
Saturday's results
Colorado 1 Toronto 0
Salt Lake 2 Vancouver 0
Philadelphia 2 Seattle 2
San Jose 2 Montreal 2

New York 1 Columbus 0

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

↑ Aries

March 21 - April 20

You have nothing to prove and nothing to feel bad about, so don't even think of trying to explain yourself to those who don't approve of your aims or your methods. What do you care what they think!

Taurus April 21 - May 21

It is a fact of life that some people rub you up the wrong way no matter how hard you try to like them. You will have to deal with such a person

II Gemini May 22 - June 21

You seem to believe that a friend has let you down and you are so annoyed that you may even be thinking of cutting your ties with them. Don't! According to the planets it's all a big misunderstanding.

Cancer

June 22 - July 23

If you feel less than motivated as the new week begins then don't force yourself to do things you know you won't enjoy. Not even a Cancer can be on top form all the time.

Ω Leo

July 24 - Aug. 23

Whatever you do today make sure you do it to the very best of your abilities. If you don't you could draw the unwelcome attention of someone in power. Think of your reputation: make a good job a brilliant one.

W Virgo Aug. 24 - Sept. 23

What took place over the weekend may not have been to your liking but neither was it as bad as you think. This week's aspects are a lot more promising.

△ Libra

Sept. 24 - Oct. 23

Try not to take life too seriously today. Find ways to see the amusing side in everything that happens. Even the most solemn of situations can be god for a laugh.

M Scorpio Oct. 24 - Nov. 22

The world is full of possibilities but you seem determined to focus on the negative things. Why is that? Whatever the reason you need to snap out of it fast. Opportunities are everywhere.

Sagittarius Nov. 23 - Dec. 21

You will have to put up with an annoying person today, the kind of person you would usually cross the road to avoid. Try listening to what they have to say – they know something you should know too.

り Capricorn Dec. 22 - Jan. 20

There is no point trying to get approval for what you intend to do this week. Have the courage to go for it no matter what other people might think or say.

Jan. 21 - Feb. 19

What you think is important is really of no importance of all, so stop obsessing about it and turn your attention to more positive things. No matter what the "experts" say nothing bad is going to happen.

H Pisces

Feb. 20 - March 20

You may be tempted to give up on something that looks incredibly hard but you will regret it if you do. The approaching eclipse will sweep away all your doubts by the end of the week. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Suffix with 'Hip'
- 5. Mr. van Koeverden, Canadian kayaker/Olympian
- 9. Lovestruck, olde-style 13. Being less diluted
- 15. Single-named Canadian
- songstress
- & The Bunnymen
- 16. _ & THE BUILDING.

 17. "Give _ _ _ ." (Try)

 18. " _ _ you can't guess!"

 19. Jazz singing style 20. Canadian nual event of Spring in the
- capital region) 23. Intended
- 24. They're called in roll call
- 26. 'Motor' suffix
- 29. Purposes
- 31. Point __ (Canada mainland's most southerly tip)
- 33. Unkeyed, in music
- 35. Fashion designer,
- Rabanne 37. Bon Jovi song: "__ Your
- Hands on Me" 38. Tail: Prefix
- 39. "__ magic!"
- 41. Sigma's alphabetic
- follower
- 42. "5th . Girl" (1939) starring Ginger Rogers
- 43. Guided
- 44. Young hawks
- 46. Plants trimmer
- -_ (Clark Kent, originally, on planet Krypton)
- 50. Capri pants, __-length
- 52. PMs and Prezzes
- 53. Narrates
- 55. Mr. Povich of TV talk
- 57. #10-Down, Canadian
- 62. Not-well-received movie

18 33 38 43 45 48

- 64. 'Million' suffix
- 65. "That's _ __ thing!" (Definite 66. Make clicking noises on the thing!" (Definitely)

67

keyboard

66

- 67. Shade of blue ...or green 68. MLB Commissioner, Bud
- 69. Legis. meeting 70. 'Gen' add-on (Old Testament
- beginning)
- 71. Stuff-on-the-beach

1. After gargling, what the dentist

68

- 2. Anti-apartheid activist, Desmond
- 3. 'Gen' add-on
- 4. Regulated routine
- 5. Extraterrestrials
- 6. Modern music genre
- 7. Assist in wrongdoing

- 8. Montreal morning 9. Like some bagels, -topped
- 10. & Stewart 11. Smashing Pumpkins co-founder, James
- 12. Full amount, for
- short
- 14. Skipping __ 21. Defective
- 22. Steam, for example
- 25. Alan Thicke's
- "Growing Pains" role,
- Dr. Jason
- 26. Shower sealant
- 27. "This is _
- (Dessert-getter's
- exclamation)
- 28. The __ (Canuck band for Deedee,
- Rooney and Moe)
- 30. Weekend day, wee-ly
- 32. Sentinels
- 34. Danny of "Do the Right Thing" (1989)
- 36. Mouthwash usage quantity
- 40. Pouch
- 45. Warrior of Japan
- 47. James Joyce's Dublin-set novel
- 49. Gets married quick-style
- 51. Snipped-off-of-clothes things 54. 'Cheap' completer
- 56. Small estuaries
- 58. Blueberry, and others _-hoop
- 60. Daughter on "The Waltons" 61. Officially mailed letter, for short
- 62. Mil. posts
- 63. Caustic stuff

Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

2	4	7	8	3	8	5	6	1
5	6	8	2	1	7	9	3	4
1	3	9	5	4	6	7	8	2
6	9	5	3	2	1	8	4	7
4	8	2	7	6	5	1	9	3
3	7	1	4	8	9	2	5	6
8	2	3	1	9	4	6	7	5
7	1	6	8	5	3	4	2	9
9	5	4	6	7	2	3	1	8

1			6			3
7	6		1		9	4
	3	9		5	6	
6						9
		1		6		
2						5
	9	3		1	4	
5	4		9		7	8
3			8			6

TODAY

MAX: 24°

THESDAY

·<u>*</u>

WEDNESDAY





BT BREAKFAST TELEVISION ANDREW SCHULTZ

ng or weekend will shape up with o changing weather here in Alberta".

Stylish urban architecture lives at Walden.

ESTATE HOMES STARTING FROM THE

WEEKDAYS 5:30 AM



Built for real life. CARDELHOMES.COM

GOD'S PROMISE

We have peace with God because of what Jesus Christ our Lord has done for us. (*Romans 5:1*)



Sales Centre: 14 Walden Close SE • 587.350.1129





ESTATE HOMES STARTING FROM THE

Sales Centre: 14 Walden Close SE • 587.350.1129













Built for real life.

CARDELHOMES.COM

